Mental Health and Well-being of Athletes

1. Henriksen, K., Schinke, R., Moesch, K., McCann, S., Parham, W. D., Larsen, C. H., & Terry, P. (2020). Consensus statement on improving the mental health of high-performance athletes. International Journal of Sport and Exercise Psychology, 18(5), 553-560.

- This article provides a comprehensive overview of mental health challenges faced by high-performance athletes and offers agreed-upon recommendations for improving mental health support and interventions within the sporting environment.

2. Gulliver, A., Griffiths, K. M., & Christensen, H. (2012). Barriers and facilitators to mental health help-seeking for young elite athletes: A qualitative study. BMC Psychiatry, 12(1), 157.

- This study explores the specific barriers and facilitators that young elite athletes encounter when seeking mental health support, highlighting the need for tailored mental health services in sports settings.

3. Rice, S. M., Purcell, R., De Silva, S., Mawren, D., McGorry, P. D., & Parker, A. G. (2016). The mental health of elite athletes: A narrative systematic review. Sports Medicine, 46(9), 1333-1353.

- This systematic review synthesizes existing literature on the mental health of elite athletes, identifying common mental health issues and suggesting directions for future research and policy development.

4. Schaal, K., Tafflet, M., Nassif, H., Thibault, V., Pichard, C., Alcotte, M., ... & Toussaint, J. F. (2011). Psychological balance in high-level athletes: Gender-based differences and sport-specific patterns. PloS One, 6(5), e19007.

- This research investigates gender differences and sport-specific patterns in psychological balance among high-level athletes, providing insights into how these factors influence mental well-being.

5. Breslin, G., Shannon, S., Haughey, T., Donnelly, P., & Leavey, G. (2017). A systematic review of interventions to increase awareness of mental health and well-being in athletes, coaches and officials. Systematic Reviews, 6(1), 177.

- This review examines the effectiveness of various interventions aimed at increasing mental health awareness among athletes, coaches, and officials, highlighting best practices and areas needing improvement.

6. MacIntyre, T. E., Jones, M., Brewer, B. W., Van Raalte, J., O'Shea, D., & McCarthy, P. J. (2017). Mental health challenges in elite sport: Balancing risk with reward. Frontiers in Psychology, 8, 1892.

- This article discusses the unique mental health challenges faced by elite athletes and the potential risks and rewards associated with their high-performance environments, suggesting strategies for better mental health management.

7. Hughes, L., Leavey, G., Crane, N., & Hanlon, P. (2017). Risk, protective factors, and mental health among elite athletes: A scoping review. BMJ Open Sport & Exercise Medicine, 3(1), e000221.

- This scoping review identifies key risk and protective factors affecting the mental health of elite athletes, offering a comprehensive framework for understanding and addressing these issues in sports settings.

8. Newman, H. J., Howells, K. L., & Fletcher, D. (2016). The dark side of top-level sport: An autobiographic study of depressive experiences in elite sport performers. Frontiers in Psychology, 7, 868.

- This autobiographic study explores the personal depressive experiences of elite sport performers, providing valuable firsthand accounts that highlight the mental health struggles within high-performance sports.

9. Purcell, R., Gwyther, K., & Rice, S. M. (2019). Mental health in elite athletes: Increased awareness requires an early intervention framework to respond to athlete needs. Sports Medicine - Open, 5(1), 46.

- The article advocates for the implementation of early intervention frameworks to address the growing awareness of mental health issues in elite athletes, emphasizing the need for proactive and preventive measures.

10. Reardon, C. L., & Factor, R. M. (2010). Sport psychiatry: A systematic review of diagnosis and medical treatment of mental illness in athletes. Sports Medicine, 40(11), 961-980.